



**June 2010:**

## A word From Mike:

What I learned in the trenches today...

Its taking time for me to understand and define my new role at evolution. Last night, a group of men with whom I meet regularly told me to put on my civvies '.....and go down there like any other evolution client and just train'. I did that today and it was awesome. What made it even better was that at about 2 minutes past six the heavens opened and for an hour we trained and trained hard in the pouring rain. The trainers stayed totally focused and absolutely maximised every minute. Having been in their shoes I know first hand how challenging that can be. They made it appear seamless. I learned that the session is about getting the most out of yourself and using your trainers and fellow clients to achieve that. Chasing after clients, while humbling (I am clearly not as fit as they are) also felt great. We had fun and i knew that what we did was effective. At 7am dripping wet and exhilarated I left the session a very proud ex-evolutionary looking forward to a well deserved warm shower and hot coffee.

onward and upward, **Mike**

### Fast Winter Soup

**Stay warm and health this winter**

Ingredients (serves 2)

- 1 tbs olive oil
- 1 onion, chopped
- 1 long red chilli, seeds removed, finely chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 cup red lentils, rinsed, drained
- 1L (4 cups) chicken or vegetable stock
- Low-fat natural yoghurt, to serve



### Method

1.Heat the olive oil in a large saucepan over medium heat (don't burn), add the onion, chilli, celery and carrot and cook for 2-3 minutes.

2.Add cumin and coriander and cook, stirring, for a further minute.

3.Add the red lentils and chicken or vegetable stock, bring to boil and simmer for 8-10 minutes or until lentils are tender.

4.Season with sea salt and pepper. Serve in bowls with a dollop of yoghurt. Garnish with fresh coriander

### Dear Agony Uncle

***My car leaks and in this wet weather I'm finding it very hard to get to training dry, so I'm opting for staying in bed. Any tips for getting myself going in the wet weather?***

If you were trying to make an X- hardman fitness buff like myself mad then you have succeeded. You would be better served playing hide the sausage with a hungry lion than talking to me about missing a training session because of a little bit of rain. I recall the days when a young chisled uncle would man up to training in a netting singlet and my 2 stripe running shorts. Admitted i was wearing knee high footy socks but that was for the look , nothing to do with protection from the rain!!...ahhh the looks i would get from the young ladies, it takes me back. No... i say if anyone out there in today's day and age of outdoor training attire is using the rain as an excuse to stay in bed and not turn up to their intended training sessions then they need to wake up...no pun intended. Get a good rain jacket and grow some.... brains!! The rain is a natural coolant, if your trainer is delivering the right sort of training sessions you will be begging him to let you train in the rain just to prevent overheating. Alas what I see happening a lot these days are groups of people cowering undercover to get their sessions done, mind you i think that's because the trainers these days are a lot softer than the days when uncle was at the head of the training game, they like to stay warm and dry where possible!! At this rate uncle is contemplating coming out of retirement so young trainers beware, and clients for that matter .....watch this space!!! Please send your questions to [agonyuncle@etwgroup.com](mailto:agonyuncle@etwgroup.com)  
***Yours, Agony Uncle.***

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Rushcutters : Balmain : Balmoral : Rozelle: Maroubra: Queens Park:  
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## Off Balance



**Name:** Wends

**I am from:** Mosman

**I found out about ETW by:** Maildrop (even though my post box has a 'no junk mail' sign!!)

**I started Evo in:** February 2010

**My favourite session is:** Balmoral Yoga and I'm liking boxing more these days

**My wake up / get it together routine on days that I train is:** Snooze for 20 minutes and then mad rush out the door

**My after training routine is:** I'll spare you the details. I do attempt to fit breakfast in though (and it's no longer vegemite toast).

**What I do when I am not training (for work that is):** I am an accountant

**What mom and dad always told me was:** That an empty wine glass means a full life (they really just told me to have fun along the way).

**Friends say that I am** ...Reliable & extravagant

**My recommendations are:** **Great Cafe:** Jackie's in Paddo **Movie:** Last movie I saw: Food Inc;

Anthem movie: Shawshank Redemption **Music:** Currently listening to 30 Seconds from Mars, Beirut, Carolina Liar, Mumford & Sons, etc, etc could never have a recommendation. **Day Out** Long leisurely lunch at one of my favourite wineries (wine farms as they call them in South Africa) ... a country house in Mornington Peninsula is on the wish list.

**Anything else to tell about, hobbies, hangouts, habits, heroes etc ...** I also love the beach and shopping. And I read a lot too. Not sure about a hero but on my dinner invite list would be, um, Richie McCaw...?

**If I was an evolution trainer I would ...** ...not do anything differently to Rod

## Word from your Evo

Another month of solid training under the belt. Our group of hard core exercisers has expanded of late and I would like to welcome Wendy, Holly, Seema and Elizabeth. Chris has also left Bondi behind him and is now counted as one of us. (Free rides on the Harley after Friday sessions!!) As we head into the challenging part of the year remember that the benefits of outdoor exercise are still to be had – fresh air, great scenery and an awesome bunch of people going through it with you. Yes, the mornings are a bit colder and the rain has not been our friend, but layer up, keep focussed on your goals and it will be spring in no time. As I always say (with a slightly feminine clap of my hands), 'lay off the snooze button, slackers!!' and...'who would have thought I could look forward so much to yoga in a scout hall?'

**Rod - [rod@etwgroup.com](mailto:rod@etwgroup.com)**